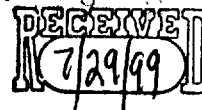


TERRA LIFE HEALTH PRODUCTS CO INC.

2527 Williams Brownsville Tex 78520 (956) 544 41 75



07 -01 -99

Food and Drug Administration  
Office of special Nutritionals (HFS\_450)  
center for Food Safety and Applied Nutrition  
200C Street ,SW  
Washington ,DC 20204

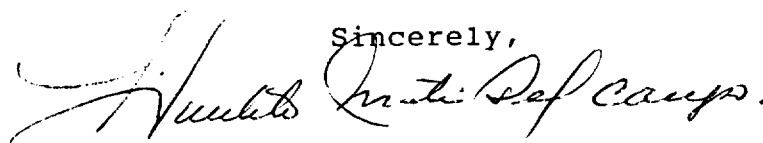
NOTICE IS HEREBY GIVEN PURSUANT TO THE REQUIREMENTS OF SECTION 403(r)(6)(21 U.S.C. 343(r)(6) OF THE FEDERAL FOOD AND DRUG AND COSMETIC ACT AND IN ACCORDANCE WITH THE REQUIREMENTS OF 21 CFR 101.93 THAT YOUR FIRM NAME AND ADDRESS WITHIN THE PAST 30 DAYS COMMENCED MARKETING A DIETARY SUPPLEMENT BEARING THE FOLLOWING STATEMENTS ON THE LABEL AND/OR IN THE LABELING:

TEXT OF CLAIM

NAME OF INGREDIENT OR SUPPLEMENT THAT IS SUBJECT OF CLAIM

NAME OF SUPPLEMENT (INCLUDING BRAND NAME)

THE UNDERSIGNED CERTIFIES THAT THE INFORMATION CONTAINED IN THIS NOTICED IS COMPLETE AND ACCURATE AND THAT MY FIRMS NAME HAS SUBSTANTATION THAT THE STATEMENT IS TRUTHFUL AND NOT MISLEADING.

Sincerely,  


HUMBERTO MARTIN DEL CAMPO  
PRESIDENT.

97S-0162

Also see docket 97S-0163

LET 4051

NAME OF SUPPLEMENT    TERRA DAY NATURAL HERBAL ENERGISER  
SERVING SIZE 2 CAPLETS

CALCIUM	217 mg
Chromium	176 mcg
Kola nut extract	400 mg
Ephedra extract	290 mg
Propietary blend	48 mg
White willow bark, saw palmeto berries, beet root powder bladderwrack, foti , ginger,hawtorne berry powders.	

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Terra Nite    RESTFUL HERBAL    FORMULA WITH MELATONIN

SERVING SIZE 4CAPLETS

VITAMIN C	60mg
VITAMIN B6	6mcg
CALCIUM	295 mg
chromium picolinate	100mcg
POTASIUUM	99 mg

PRPIETARY BLEND

VALERIAN ROOT, WILD LETUCE ,GINGER ROOT,  
L CARNITINE ASTRAGALUS, SCULLCAP,  
MELATONIN 1 mg.

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# TERRA LIFE HEALTH PRODUCTS, CO.

## An Ancient Formula, with XXI Century Ingredients.

For your information . . .

### TERRA DAY

**Terra Day** is a Weight Program to loss weight. Exclusive developed for Terra Life Products. Our nutrient product Terra Day is a combination of thermogenic herbs and minerals, to assist in achieving your weight management objective, to losse weight in a safe way with objective during waking hours. Termogenesis is the process of raising the basal metabolic rate, which increase energy for work and play. With the increased energy, more fat is burned.

The ingredients are:

**Ma-Huang:** This herb is been used in China for thousands of years. Aids the metabolism of fat. A natural stimulant that increase the metabolism rate and caloric burn. Helps the termogenesis with others herbs. In China has been used to relieve the immune system, respiratory complaints like bronchitis and asthma.

**Kola Nut:** Builds stamina is a natural, energy booster, natural appetite suppressant. Kola nut will not burn vital muscle tissue, but will cause your body to burn stored fat.

**Ginger:** It has been used since ancient times by Greeks, Chinese and others as a medicine and for flavoring. Ginger is taken today for its calming effects on the dygestive system and is the premier natural remedy for nausea, helps spasms and cramps, upset stomach and motion sickness. It helps expel gas, helps intestinal circulation. Ginger may also lower blood cholesterol levels and reduce inflammation, it is a popular spice and flavoring giner cookies.

**White Willow:** Helps to burn fat, natural aspirin reduce pain, fever, reumatic and muscle pain discomfort.

**Ginko Bilova:** One of the world's most ancient tree species. It has been used by Chinese to treat asthma, allergies and coughs. Currenly is gaining popularity for its ability to improve brain functions and boost memory and alertness. Researchers say that stimulates circulation in the brain, may help dizziness, stroke, depression. Ginko acts as an antioxidant. Helps to glucose.

**Bladderwrack:** Helps normalize the thyroid gland and aids in combating obesity.

**Fo-Ti:** It is a China herb. Famous as a rejuvenating and longevity herb. In China where is taken to prevent premature aging, increase fertility and maintain youthful strenght and vigor. Also helps and used to treat dizziness, infertility, anemia and costipation. There is evidence that it lowers blood cholesterol and it is currently being studies Fo-Ti for its ability to prevent heart disease and cancer.

**Hawthorn Berries:** A native herb from Europe. It enjoys a long history of use as heart tonic and studies have confirmed that the

plant is a rich source of bioflavonoids and other compounds that help heart functions. Hawthorn Berries is an effective antioxidant. It can reduce blood pressure and prevent palpitations arhythmias and artherosclerosis. Helps stabilize collagen. The protein normally found in joints that destroyed during inflammation and may be useful against arthritis.

**Saw Palmetto:** Is derived the dark berries of small palm tree, traditionally been used as an aphrodisiac and to tonify the male reproductive system. Studies confirm an effect on male sex hormones and exhibited positive clinical results in treating enlargement of the prostate. It is also an expectorant used to treat respiratory complaints like colds, coughs, polysaccharides with potential immune boosting effects.

**Beet-Powder:** Enriches the blood.

**Chromium Proteinate & Picolinate:** It is an essential nutrient absolutely required for good healt. Nine of Ten Americans do not get an adecuate amount of chromium in their diet because chromium is lost durinf food procesing and they don't eat food containing chromium. Chromium can help reduce body fat, retain build lean muscle, lower elevated blood sugar, reduce cholesterol levels. Chromium deficiencies can cause difficulties in regulating blood sugar.

**Zinc:** Is a trace mineral essential for proper wound healing, male sexual potency, immunity, liver detoxification and numerous other bodily functions.

**Boron Proteinate:** Is a mineral that may be necessary to help prevent bone loss and osteoporosis. There's also evidence that helps prevent arthritis.

This ingredients help not only with thermogenesis but also you will obtain increase mental clarity, memory, reduced appetite, balance blood sugar, build muscle tissue and a better health.

Suggested use: take 1 tablet 4 times daily, one before breakfast or 2 after breakfast, 2 more before you take lunch. Don not take after 3:00 p.m., some people need more, some less, you need to adjust supplement to your personal needs for best results. Do not take over 4 caplets per day.

Caution: Not for pregnant or nursing women, or if you have high blood pressure.

NAME OF SUPPLEMENT ALOE CAT PLUS

SERVING SIZE 1 OZ

INGREDIENTS

ALOE VERA JUICE CONCENTRATE EXCTrac 40:1	750 mg
VITAMIN B1	0.6 mg
VITAMIN B2	0.6 mg
NIACINAMIDE	0.3 mg
VITAMIN B6	0.3 mg
CHOLINE	1 mg

proprietary blend  
natural flavors (FRUCTOSE) yucca, kelp ginkgo biloba,  
Ge 132 organic germanium, golden seal , guarana , hawtorne berry  
chinese licorise root , parsley , sheep sorrel, slippery elm  
burdock root turkey rhubarb root , schisandra,seed,ginseng root ,  
panettles,wheat grass,pau d arco, papain , myrrh, spirulina,  
bee polen, dulse irish moss alfalfa , foti , fennel, barley grass,  
acasia gum, saussurea, areca seed,ginger,rice polish, citric acid,  
xanthan gum ,sodium benzoate , potasium sorbate,.

NO TEXT ON THIS PRODUCT-----

NAME OF SUPPLEMENT

A SPECIAL COMBINATION OF VITAMINS AND HERBS CINERGY 2000  
serving size 1 tablet contains

VITAMIN A	3000 IU
VITAMIN C	200 mg
VITAMIN D	150 IU
VITAMIN E	80 IU
VITAMIN K	16 mcg
THIAMINE	5.8 mg
RIVOFLAVIN	6.0 mg
NIACIN	12 mcg
VITAMIN B6	133 mcg
VITAMIN B12	40 mcg
BIOTIN	100 mcg
PANTOTENIC ACID	9 mg
CALCIUM	168 mg
PHOSPORUS	10 mg
IODINE	76 mcg
MAGNESIUM	40 mg
ZINC	8 mg
SELENIUM	30 mcg
COOPER	0.4 mg
MANGANESE	1 mg
CHROMIUM PICOLINATE	10 mcg
MOLIBYDENUM	30 mcg
POTASIUM	90 mg
PROPIETARY BLEND	338 mg

DANDELION , SPIRULINA, WATERCRESS, CHOLINE BITARTARE, GREEN TEA,

TERRA VITAL SUPPLEMENT NAME

1 capsule serving size

INGREDIENTS

VITAMIN A	5000 IU
VITAMIN C	300 mg
VITAMIN E	150 IU
ZINC	75 mg
SELENIUM	105 mcg
COPPER	1 mg
MANGANESE	5 MG
GRAPE SEED EXCT.	20 mg
L CYSTINE	25 mg
L METHIONINE	25 mg

NO TEXT ON THIS PRODUCT-----

4 STARS SUPPLEMENT NAME

1 capsule serving size

PROPRIETARY BLEND OF  
GOLDE SEAL , CASCARA SAGRADA , DEVILS CLAW, ST JOHNS WORT  
AND VITAMIN C 100 mg

NO TEXT ON THIS PRODUCT-----

MASTER CHIEFF SUPPLEMENT NAME

1 CAPSULE SERVING

INGREDIENTS	
VITAMIN C	23 mg
SUMA ROOT POWDER	250 mg
GOTU KOLA POWDER	150 mg
DEHYDROEPIANDOSTERONE	50 mg

NO TEXT ON THIS PRODUCT

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RESVEROL NAME OF SUPPLEMENT

1 capsule contains

INGREDIENTS

HU CHANG EXTRACT	POLYGUNUM CUSPIDATUM	250 MG
CITRUS BIOFLAVONOIDS		215 MG
GRAPE SEED EXTRACT		20 MG

NO TEXT ON THIS PRODUCT

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NAME OF SUPPLEMENT K. L.G DIETARY SUPPLEMENT.

EACH CAPSULES CONTAIN

CRANBERRY 150 mg

proprietary blend of  
UVA URSI PYGMEUM ,BILLBERRY, HORSE TAIL , DEVILS CLAW,  
WHITE WILLOW BARK. ....

NO TEXT ON THIS PRODUCT.

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NAME OF SUPPLEMENT TERRA SPARK.

EACH CAPSULE CONTAINS

PROPIETARY BLEND OF

KOLA NUT EXTRACT, L PHENYLALANINE,LARGININE,,L ORNITHINE  
HCI , BEE POLLEN ,GINSENG, AND GINKGO BILOBA,

NO TEXT ON THIS PRODUCT

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NAME OF SUPPLEMENT CARDIO CLEANSE  
CARDIO VASCULAR NUTRICION DIETARY SUPPLEMENT.  
1 TABLET CONTAINS

BETA CAROTENE	300 IU
VITAMIN A	2000 IU
VITAMIN E	150 mg
VITAMIN C	110 mg
INOSITOL	5 mg
NIACIN	5 mg
VITAMIN B6	2 mg
PANTOTENIC ACID	5 mg
IODINE	20 mg
MAGNESIUM	25 mg
POTASIUM	20 mg
SELENIUM	10 mcg
CHOLINE BITARTRATE	25 mg
BORON CITRATE	500 mcg

FORMULATED IN A BASE CONTAINING  
ASPARTIC ACID GLUTAMIC ACID , SODIUM POLYMANNURATE, CYSTINE ,  
PAPAIN, PECTIN , ACTIVATED CHARCOL, DL METHIONINE, PABA,  
LYSINE ,RUTIN,HESPERIDIN, VAINILLIN , AND CHLOROPHILL.

NAME SUPPLEMENT CAT SHARK PLUS.

EACH CAPSULE CONTAINS.

SULFUTA DE GLOCOSAMINA	150 mg
CATS CLAW	250 mg
SHARK CARTILAGE	250 mg

NO TEXT ON THIS PRODUCT

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NAME OF SUPPLEMENT COLON DETOX.

PROPIETARY BLEND 601 mg

aloe vera exctract, cascara sagrada,seena leaf, slippery elm,  
psyllium seed, citrus pectin, acidophillus blend,bioperine exctract.  
bentonite,oat bran, barley grass, microcritalline celulosa,  
nutra flora, prune concentrate,

NO TEXT ON THIS PRODUCT.

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NAME OF SUPPLEMENT FEMALE PLUS

DIETARY SUPPLEMENT

VITAMIN A	2500 IU
VITAMIN B1	1.0 mg
VITAMIN B2	1.0 mg
VITAMIN B6	25.0 mcg
VITAMIN B12	25.0 mcg
VITAMIN C	92.0 mg
VITAMIN E	10.0 mg
IRON	10.0 mg
FOLIC ACID	50.0 mcg
ZINC	5.0 mg
POPTASIUM	25.0 mg
CALCIUM	25.0 mg
MAGNESIUM	25.0 mg

PROPIETARY BLEND OF

GINGER , ALFALFA LEAVES, BLACK HAWK, WILD YAM DON QUAI ROOT  
CHASTE BERRY, BLESSED THISTLE ,

NO TEXT ON THIS PRODUCT.

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